

# DREAM(Draw & Relax: Embrace Art & the Mind)

**Beads of Courage®** believes in the power of art, expression, and connection. Our dream is to encourage everyone to **draw, reflect, and embrace the healing power of art.** **DREAM** sessions are brief and easy to implement but can also include additional strategies to support a specific therapeutic need.

**Take a moment to care for others that desperately need our support. DREAM sessions can:**

- **foster a sense of connection**
- **engage in important reflective work when grieving the death of a loved one.**
- **use bead strand as a visual and tangible symbol for reflection on the legacy of and love for the person they are grieving and their strength throughout their bereavement journey.**

To learn more, visit [beadsofcourage.org](http://beadsofcourage.org) or email [ally@beadsofcourage.org](mailto:ally@beadsofcourage.org)

